

Ripe Red Berries

Living on less...

Beautifully and Simply.

Fruit Crisp

This recipe can be made with apples, blueberries, raspberries, strawberries or a mixture of berries.

This recipe can be made exactly as is here with either traditional flour + butter.

OR

GF flour + coconut oil/dairy free butter.

Just switch out ingredients - measurements stay the same.

Ingredients

5-8 apples (any good pie apples), peeled and sliced OR 3.5 cups berries (frozen works too) - raspberries, blueberries or mixed berries

1 Cup Gluten Free flour (bob's red mill 1 to 1 baking flour works well) - or regular flour.

3/4 cup sugar

1 teaspoon baking powder

1/4 teaspoon cinnamon

1 egg, beaten

1/2 cup coconut oil, (or butter) melted.

coconut oil/butter for greasing pan.

What to do

Grease a 9 X 13 - inch baking pan. Or a pie dish. Spread fruit in pan. You want enough to cover the bottom of the pan as well as have enough 'height' of the fruit itself ...

*Blend dry ingredients. Add egg and melted butter. Mix until dry ingredients are moistened.

*If you are making it with GF/DF substitutions, blend the dry ingredients. In a separate bowl, beat the egg and add the melted butter/oil. Then add the *dry ingredients to the 'wet' (egg + oil)*, until moistened.

Pat mixture over fruit. Bake for 35 - 45 minutes or until topping is browned. Enjoy!

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